

CREWKERNE RUNNING CLUB email

CREWKERNE RUNNING CLUB WEBSITE : www.crewkernerc.btck.co.uk

22 November 2010

Hi all

Please note there is a new website address - I got it wrong last week sorry!

LONDON MARATHON ACCOMMODATION 2011

Andy Parsons been in touch to say that he has secured an amount of hotel accommodation at the Clarendon Hotel for the London Marathon, which I am told is only 5 minutes walk from the start, this being where **Crewkerne Running Club** have stayed in the past.

Andy has a small number of double bedded rooms and twin bedded rooms reserved and he has asked that if those interested confirm their requirements ASAP. Those of you who know Andy please contact him direct but for those of you who do not he has asked In the first instance you let me know and I will pass on your contact details to Andy and he will then contact you with further details. Please be quick in your response for if all the rooms are not required Andy will contact other clubs.

A MESSAGE FROM NICK SALE



"For those that didn't know, the club owns a rather special chariot. It carries a lot of history and is a piece of precision engineering by CRC's finest technicians. Possibly built in the Haslebury area, a secret location (between Martin & Derek's houses)... a bit like the early Aerial Atoms!

Over the years I had heard talk, about the town, of this mythical creature but it had not been seen for many generations.

Well, believe it or not, on Boxing Day last year, it seems it made a revival. I managed to catch this rare picture of the creature. Unfortunately I can not identify any of the drivers, although the blonde drove like the STIG... and is quite attractive... another story. Anyway ... it's in my garage!

It has a "new to us" front wheel and was allegedly faster than ever last year!!

Who fancies a giggle this year?.. please shout ideally by the end of Nov.

I say end of Nov because I have my eye on an old rusty hospital trolley that, with a month's worth of TLC, could be a match for the red dragon & without any TLC, might get around!?

If you don't know, the pram race goes off after the hunt leaves on Boxing Day morning, at approx 10:30am, in the square. There are no entry forms, you just turn up with a pram and 2 or 3 drivers.

Highly recommended. Prepare for some heckling from the lesser vehicle's!

Yours, Nick
76489"

Avebury 8 - Race report from Stuart Anderson – Well done Stuart

Richard

Did not get Monty entry in well there is next year. Hope race goes well.

I raced in The Avebury 8 today. Definitely multi terrain and nearer 8.5 (any excuse to make times look better). Reminded me of cross country courses when I was at school, with lots of mud and rough fields. It was very cold and blustery (more excuses!) The entries are restricted to 150 due to the venue being in the little village of Avebury but this adds to the unique nature of the event with the course climbing to the top of The Wiltshire Downs at Windmill Hill looking out at the ancient stone circles around the village. I finished 4th and first vet over 40. However, I did enjoy the run and finishing in this position was just a bonus. Thanks for e-mail updates.

Regards
Stuart

The Full Monty – Sunday 5th December

Help is still required so if you are free and able to assist let me know and I will find you a job!!

Forthcoming Club Events – TBC

I have heard that the Club winter handicap is to be held on Sunday 12th December – but currently I do not know where it will be staged from – can someone please let me know so I can tell everyone - please watch this space!!!

Also I see from the club website – shows you have to keep an eye on that as well!!! That there will be the annual “Tinsel Run” from Perrott Hill School on Sunday 19th December – Thanks must go to our very own celebrity chef Tony for this as he goes to so much trouble preparing a feast of gorgeous goodies for the after run refreshment.

YTRRC Santa Dash

This event is in aid of St Margaret’s Hospice so please consider entering the race on Sunday 12th December – this should be good fun, with us all dressed as Father Christmas walking down through Yeovil from the College to Goldenstones and having a little run round Ninesprings!

I attach the entry form. The first 140 runners will get a free Santa suit and the Hospice are starting to put posters and forms out in Yeovil this week so you might want to get in quickly!

Martin

NEWS FROM TONY PRYCE SPORTS

News from Tony Pryce “I’m very excited to announce that our Tony Pryce branch in Yeovil will have a permanent instore gait analysis machine from this Thursday (18th Nov). As well as being able to analyse your running gait to aid us in recommending the right running shoe for you the ‘Footbalance pod’ will also be able to produce a custom made insole which will realign the foot to its correct standing position and facilitate healthy foot function.

The gait analysis is completely free and no booking time is required, just turn up and we’ll be happy to assist you!”

And Finally.....

A warm welcome goes to our newest member Hilary Askew, I hope that you will enjoy running with the club!

This Week’s Running

As some of you will already know I will not be attending the club for the foreseeable future but far as I know this week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl’s car park and starting as usual at 6.30pm.

Torches and reflective gear are now essential

Also on Sunday as far as I know there will be the usual club run again meeting at the Lidl’s car park starting at 9.30am

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

I look forward to seeing you running

Richard



Dates for your Diary !!!

Street 5K Series, Street. Start Time 7:30pm

December 8th 2010

January 12th 2011

February 9th 2011

March 9th 2011

Sunday 28th November 2010 – Brent Knoll 5.5 mile

*Sunday 5th December 2010 - **Crewkerne Running Club** Full Monty, Ham Hill*

*Sunday 12th December 2010 - **Crewkerne Running Club** Winter Handicap - TBC*

*Saturday 18th December 2010 – **Crewkerne Running Club** Christmas Dinner*

*Sunday 19th December 2010 - **Crewkerne Running Club** Tinsel Run*

Sunday 19th December 2010 – Wellington Monument Race 10.30am, Wellington

Sunday 26th December 2010 – Stoke Stampede 10K, Stoke St. Gregory